

# HOME CHALLENGES

## **Don't Hibernate – Participate!**

**Copy for school health facilitators/champions**

This home challenge encourages students and their families to embrace the outdoors and stay active during the winter months. It works well in conjunction with the *Don't Hibernate – Participate!* monthly campaign.

Reach out to school staff to engage their students in the challenge by offering to reward participating classes with a healthy celebration (e.g., extra recess or physical education time, class dance party, or healthy food celebration). Consider running this challenge as a schoolwide event to see how many families participate.

Please send out the attached email copy to school staff explaining how to facilitate this activity for their students. Each student will require the instruction/tracking sheet for parents that needs to be filled out over two weeks (attached).

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### **Email for SHF/SHC to send to staff**

*Please personalize as you see fit.*

Hello **(School name)** staff,

The winter months make it challenging to spend time outdoors being physically active. But there are many fun activities families can engage in that embrace the snow. That's why I encourage you to get your students onboard with this fun winter home challenge: *Don't Hibernate-Participate!*

All you need to do is:

1. Read through the home challenge parent instruction/tracking sheet (attached) to get familiar with it.
2. Explain the activity to students and give them each an instruction/tracking sheet to take home.

3. Remind students throughout the two weeks to participate and have fun with the challenge.

After 2 weeks, collect completed and signed challenges and hand them in to me. Encourage students to take advantage of this leadership opportunity and get their parents/guardians/family onboard to do the exercises together!

At the end of the challenge, collect completed and initialed tracking sheets from your students. Encourage participation -- if more than half the students in your class take part in this initiative by returning their signed form to you, the class will be rewarded with (extra recess time, dance party, healthy food celebration).

And remember to have fun!